

THE FUN COOKING MAGAZINE FOR FAMILIES

SPRING 2024

CHOP CHOP

SPRING HAS SPRUNG

TOSS
YOURSELF A
SALAD

PLUS
ALL ABOUT
PEAS



OUR MISSION

ChopChop Family is a national nonprofit organization that uses food and cooking to help children and their adults build fundamental life skills.



TECHNICAL REVIEW AND ENDORSEMENT PROVIDED BY

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



The American Academy of Pediatrics does not endorse specific products or brands that may be included in this magazine.

CONTACT US

Editorial inquiries: You can email us at info@chopchopfamily.org, call 617-924-3993, or write to: 841 Worcester Street #332, Natick, MA 01760-2076

Copyright © 2024 ChopChop Family, a 501(c)(3) corporation. ISSN 2169-0987.

55th printing, printed at LSC Communications, March 2024.
Printed in the U.S.A.

OUR VISION

We envision a world where all children and their adults have the necessary skills and tools to lead healthy lives.

WHAT MATTERS TO US

We believe that cooking and eating together is fundamental to every family's health and happiness, and that if children learn healthy eating habits when they are young, they will maintain healthy lifestyles into their teenage and adult years. Cooking not only promotes better health; it also builds relationships, saves money, and teaches math, science, and cultural and financial literacy, along with other critical life skills. We aim to counteract today's rampant "kitchen illiteracy" by empowering families and communities with our positive message and common-sense, innovative, and fun solution.

WANT TO HELP? HERE'S HOW

We are a small nonprofit with a huge mission, and we could use your help. When you donate, subscribe, or sponsor, you help us give *ChopChop* to those who need it most.

DONATE! Donate at chopchopfamily.org/support-us to help with our mission to get *ChopChop* to organizations that serve those most at risk.

SUBSCRIBE! *ChopChop* is a quarterly print magazine for an annual price of \$29.99. Order at chopchopfamily.org/chopchop-magazine.

SPONSOR! Interested in underwriting copies of *ChopChop* to be distributed in your community or a community of need? Contact us at info@chopchopfamily.org.

LEADERSHIP

SALLY SAMPSON
CATHERINE NEWMAN
VIC DEROBERTIS
CARL TREMBLAY
CATRINE KELTY
JOY HOWARD
KAREN WISE
EVILEE EBB
HEIDI BROADLEY
COLIN THOMPSON

Founder/President
Editor
Creative Director
Photographer
Food Stylist
Food Stylist
Copy Editor
Business Development
Publishing Director
Social Media

BOARD OF DIRECTORS

Shikha Anand, MD
Health Technology Executive, Lexington, MA

Heather Grimmett
Independent Advisor, Wayland, MA

Brindha Muniappan
Senior Director, Discovery Museum, Acton, MA

Sally Sampson
ChopChop Family, Natick, MA

KID RECIPE TESTERS

Linnea Heining, MA • Amine Nebri, CA • Yahmai Perez, UT • Chananya Perlman, WI

Michael Smith
Attorney, Sherborn, MA

Ana Sortun
Chef/Partner (Oleana, Sarma, and Sofra),
Sudbury, MA

Andrew Steinberg
Modern Travel LLC, New York, NY

Contributors: **ADAM RIED, VAYU MAINI REKDAL, MAXWELL SURPRENANT, REBECCA ROBINSON**
English-Spanish translation: **CLAUDIA TREVIÑO RETANA, MARIANA MURIAGO**

IN THIS ISSUE

ISSUE 55, SPRING 2024

- 4 **Learning Guide**
- 6 **Dear Grownups**
- 8 **ChopChop Jr.: Mashed Avocado Toast**
- 18 **See How to Make: Dressings**
- 24 **What's Different?**
Can you tell what's been changed in these two pictures?
- 29 **Kitchen Cash: Math and Finance in Cooking**
- 38 **Cool Recipes for Frozen Foods**
- 40 **Check It Out! Books to devour**
- 41 **Scrumptious Word Search**
- 42 **Games and Activities**
- 44 **Cartoon Corner**
By Maxwell Surprenant
- 45 **Solutions**
Puzzled? We've got answers.
- 46 **Quick Bites**

AWESOME RECIPES

- 10 **Cottage Cheese Pancakes**
We're obsessed—and we think you might be too!



MIX AND MATCH SALADS

- 14 **Crunchy Romaine Salad**
With a surprise topping
- 16 **Chopped Greek Salad**
Our version of the classic
- 21 **Nutty Noodle Salad**
This one's a crowd pleaser.
- 23 **DIY Grain-Bowl Salad**
A use-what-you've got meal
- 27 **Nicoise-Style Salad**
Arrange it or toss it, as you prefer.



- 28 **Banana Berry Smoothie**
Creamy, dreamy, pink, and fruity
- 30 **Strawberry-Rhubarb Compote**
Compote just means "cooked fruit"—and it's delicious!

ALL ABOUT PEAS

- 35 **Raw Pod Peas with Lemony Ranch Dip**
Our favorite kind of snacking
- 37 **Simple Sautéed Peapods**
An easy stovetop side dish
- 38 **Pasta with Peas**
We love a one-pot meal.

All recipes by **Sally Sampson** and **Catherine Newman**, unless otherwise attributed.



THE LEARNING GUIDE TO THIS ISSUE

LEARN THE KEY

At the top of each recipe, you'll find a key. Here's how to read it:

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 6 SERVINGS

ADULT

"Yes" means you need an adult to help you. "No" means you can do it by yourself. Always get help from your adult when a recipe calls for using a knife, food processor, blender, or stove.

HANDS-ON TIME

This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe.

TOTAL TIME

This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as **HANDS-ON TIME**.

MAKES

This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

LEARN THE LINGO

Here are some of the cooking terms you might see in our recipes.

If you come across others you don't know, look them up! (You knew we were going to say that.)

- **Cored** means with the stem and hard center part removed.
- **Diced** means cut up into cubes about the size of dice.
- **A pinch** is the small amount you can pinch between your finger and thumb.
- **Pitted** or **seeded** means with the pits or seeds removed.
- **Sauté** means to cook something gently in a little oil.
- **Simmer** means to cook at a very gentle boil.
- **To taste** means taste it to see whether you want to add more of something.
- **Toss** means to mix together lightly.

KITCHEN SKILL

How to toast nuts

We like to toast raw nuts because it makes them crunchier and more flavorful. (If your nuts say "roasted" on the container, then you don't need to do this.)

1. Turn the oven on and set the heat to 250 degrees.
2. Spread out the nuts on a rimmed baking sheet and carefully put it in the oven.
3. Bake until the nuts are fragrant and a shade darker, about 10 minutes.





KITCHEN SKILL

How to toss a salad

We've got lots of salads in this issue! Here's how to toss one.

1. Put all the salad ingredients in a large bowl.
2. Drizzle some of the dressing onto the salad (you probably won't need all the dressing you made, so just start with a couple spoonfuls).
3. Use tongs or salad servers to gently lift and turn all the parts of the salad. You want to make sure the ingredients are equally covered with dressing, but you don't want to bruise the delicate leaves.
4. Taste the salad to see if it needs more dressing. If it does, add some and toss again. If the salad sits for a while, be sure to toss it again before serving



KITCHEN SKILL

How to prepare pea pods

When you buy fresh snow peas or snap peas, you will need to remove the stem end and, if there is one, the tough string that runs along one side of the pod. Here's how.

1. Break the stem end (the place where it was attached to the plant) with your thumbnail.
2. You will likely see a green string attached to this end that runs the length of the pod. Gently pull the string down like it's a zipper until you can remove it. Compost or throw away the stem end and string.

Dear Grownups,

We're introducing a new column called "See How to Make" to the magazine: recipes that are simple visual equations, showing the ingredients you need without a lot of instructional text. They're a bigger-kid version of our beloved ChopChop Jr. page, and we love the way they promote creativity and confidence in the kitchen. See our three dressing "equations" on page 18, and make some salads to celebrate spring.

Get the kids involved

One effective way to encourage kids to cook is to let them flip through the magazine and pick out a recipe to make. If that won't work for you in terms of the ingredients you have on hand or other constraints, put a sticky note on 3 or 4 pages that would work, and let your child pick one of those.

Eat more cottage cheese

If you make the Cottage Cheese Pancakes on page 10, you'll still have half a container left. It's delicious and good for you, and here are 5 ways to use it up:

1. Add $\frac{1}{4}$ cup to your next smoothie to make it thicker and add protein.
2. Whip or blend it until smooth and use it as a dip for berries and cut-up fruit.
3. Dollop it on toast, crackers, or rice cakes.
4. Sprinkle it with everything bagel seasoning or another favorite spice mix.
5. Scoop it up with celery sticks or cucumber slices.





Frozen (not the soundtrack)

Fresh green peas are wonderful, but unless you grow them in your own garden, it's hard to get ahold of them before they start to turn starchy instead of sweet. So frozen peas, which are processed right after harvesting, are tastier, less expensive, equally nutritious, and much easier to prepare! For more about peas, including how they end up in the freezer case, see page 34.

Save that sauté!

When you're sautéing food—like our Simple Sautéed Peapods on page 37—and find that it's getting too brown before it's fully cooked, toss in an ice cube or a splash of cold water to cool the pan down. The water will quickly evaporate, and your food will cook through without burning.



RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Mashed avocado toast

A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling—the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack.





Nelson tastes his
creation.

Cottage Cheese Pancakes

It's hard to describe how much we love these pancakes. We make them all the time and add different ingredients depending on our mood or what we have. Make them as written, but feel free to tinker, adding more oats or flour for a thicker pancake, or a little less for a thinner, lacier pancake.

They're great with our suggested toppings, but we also like them plain.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 2 SERVINGS

KITCHEN GEAR

Measuring cups
Measuring spoons
Large bowl (or blender) (adult needed)
Large spoon
Nonstick skillet
Spatula
Pot holders

INGREDIENTS

- 2 large eggs
- $\frac{2}{3}$ cup cottage cheese (any kind)
- $\frac{1}{2}$ cup instant or quick oats (or whole-wheat flour)
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon vegetable oil, butter, or coconut oil
- Maple syrup, applesauce, and/or fresh fruit for serving

INSTRUCTIONS

1. Crack the eggs into the bowl and mix well. Add the cottage cheese, oats, baking soda, and salt and mix well. (Or put everything in the blender, cover, and blend until smooth.)
2. Put the skillet on the stove, turn the heat to medium, and add $\frac{1}{2}$ tablespoon of the oil. When the oil is hot, add about $\frac{1}{4}$ cup batter and slightly flatten it with the bottom of the measuring cup. Make 3 or 4 pancakes at a time, depending on the size of your skillet. Cook until the undersides are deeply golden and the edges are starting to look dry, about 3 minutes.
3. Flip the pancakes and cook until the other sides are golden, about 3 minutes. Transfer to a plate. Repeat with the remaining oil and batter. Serve right away, with your favorite topping.





Myles slides a spatula under his pancake so he can flip it.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN SCIENCE

How does baking soda work?

When baking soda, which is basic (a certain type of chemical that reacts with acids), combines with cottage cheese, which is acidic, they create what's called an acid-base reaction. That means that the two substances together make a third substance—carbon dioxide—which is a gas. The carbon dioxide makes bubbles in the pancakes, which help them rise and be a little bit fluffy.

appliances (blender and food processor), the stove or oven, and hot ingredients.

GET CREATIVE

- **Berry Pancakes:** Stir $\frac{1}{2}$ cup fresh or thawed frozen blueberries, raspberries, or sliced strawberries into the batter.
- **Apple Pancakes:** Stir $\frac{1}{2}$ apple (any kind), unpeeled and shredded, into the batter.
- **Nutty Pancakes:** Stir 2 tablespoons toasted chopped walnuts, chopped pecans, or sliced almonds (see page 4) into the batter.



MIX AND MATCH SALADS

Say goodbye to winter and hello to salad! We've got a whole salad bar's worth of bases, toppings, and dressings that you can combine however you like. Which is your favorite? It's probably a toss-up. (Sorry—we couldn't resist.)



Crunchy Romaine Salad

Instead of croutons, we're topping this salad with toasted breadcrumbs. You'll probably love them so much you should double the recipe and use them on other salads too. Caesar Dressing (page 18) is the obvious choice here, but feel free to dress it however you like.

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 20 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Measuring cups
Measuring spoons
Small skillet
Spatula
Large bowl
Tongs or 2 large spoons

INGREDIENTS

1 teaspoon olive oil
½ cup whole-wheat panko
(Japanese breadcrumbs) or other
breadcrumbs
¼ teaspoon salt
1 large or 2 small heads romaine
lettuce, chopped (and/or any other
leafy greens you like, such as kale or
spinach)
Caesar Dressing (or another dressing
from pages 18–19)

INSTRUCTIONS

1. Put the skillet on the stove, add the oil, and turn the heat to low. When the oil is hot, add the breadcrumbs and salt and mix well. Cook, stirring from time to time, until golden, about 5 minutes. Set aside to cool.
2. Put the lettuce in the bowl, add about ¼ cup dressing, and toss (see page 5) until the lettuce is evenly covered. Taste a leaf. Does it need more dressing? If so, add it and toss again.
3. Sprinkle the salad with the breadcrumbs and serve right away.

NO PANKO? NO PROBLEM.

Put one slice of whole-wheat bread into a blender or food processor and blend until it forms crumbs. Put them in a skillet with 2 teaspoons oil and cook until crisp and lightly browned.

WHAT ELSE CAN YOU DO WITH PANKO?

- Use untoasted panko to coat chicken cutlets, fish fillets, or tofu slices before pan-frying.
- Swap untoasted panko into any recipe that calls for regular breadcrumbs, such as meatloaf or fish cakes.
- Top macaroni and cheese or any other pasta dish with toasted panko.



Panko before and after toasting





BEFORE YOU START

▶ **WASH** your hands with soap and water and dry them.

▶ **CLEAN** the countertop.

▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.

▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.

▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Chopped Greek Salad

We love the tangy flavors and crunchy textures of a Greek salad, and this chopped version has all that and more. If you don't have or don't want the lettuce, just skip it and you'll have made a traditional Greek salad called horiatiki. Kid Recipe Tester Amine likes to add sliced red onions to this salad.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Large bowl
Tongs or 2 large spoons

INGREDIENTS

- 1 large or 2 small heads romaine lettuce, chopped
- 1 English cucumber (the kind wrapped in plastic), diced, or 2 regular cucumbers, peeled and diced
- 1 pint cherry tomatoes, halved
- 1 large bell pepper (any color), seeded and diced
- ¼ cup chopped fresh flat-leaf parsley and/or ¼ cup chopped fresh dill
- ½ cup crumbled feta cheese
- ½ cup pitted olives (any kind)
- Greek Vinaigrette (or another dressing from pages 18–19)

INSTRUCTIONS

1. Put the lettuce, cucumber, tomatoes, and bell pepper in the bowl.
2. Add the parsley and/or dill, feta, olives, and about ⅓ cup dressing and toss (see page 5). Taste a piece of lettuce. Does it need more dressing? If so, add it and mix again.



Juliana and Sophia try a bite of salad.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

WHAT ELSE CAN YOU DO WITH FETA CHEESE?

- Sprinkle it on roasted vegetables.
- Stir it into pasta salad.
- Add it to a quiche, a frittata, or scrambled eggs.

SAFETY TIP

Get an adult's permission and help with all sharp



knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

MIX AND MATCH SALADS

SEE HOW TO MAKE DRESSINGS

For each of these combinations, you can shake the ingredients in a lidded jar, whisk them in a bowl, or mix them up in a blender. The dressing will keep in a covered container in the refrigerator up to 1 week.

CAESAR DRESSING



1/4 cup
olive oil



3 tablespoons
fresh lemon juice



3 tablespoons grated
Parmesan cheese



2 finely chopped
anchovy fillets



2 minced
garlic cloves



1/2 teaspoon
Dijon mustard





Brayden shakes up a jar of dressing.

NUTTY DRESSING



1/4 cup nut butter or tahini



2 tablespoons toasted sesame oil



2 tablespoons low-sodium soy sauce



2 tablespoons warm water



1 tablespoon rice vinegar



1 teaspoon peeled and finely chopped fresh ginger

GREEK VINAIGRETTE



1/4 cup olive oil



3 tablespoons fresh lemon juice



1/4 cup crumbled feta cheese



1/2 teaspoon dried oregano



1/2 teaspoon dried mint



1/2 teaspoon salt



Rowan and
Lila add grated
carrots to their
salad.

SAFETY TIP Get an adult's permission and help with all sharp knives,

MIX AND MATCH SALADS

Nutty Noodle Salad

We love this sesame-flavored pasta salad—and so does everyone else. It's such a crowd-pleaser that it makes a great bring-along to your next picnic or potluck.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Large bowl
Tongs or 2 large forks

INGREDIENTS

- 8 ounces medium-size pasta shapes (such as fusilli or wagon wheels), cooked according to package directions, drained, and rinsed with cold water
- Nutty Dressing (pages 18–19)
- 2 scallions, roots trimmed off, green and white parts thinly sliced
- 1 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Put the pasta in the bowl, add half of the dressing, and mix well. Taste a noodle. Does it need more dressing? If so, add it and mix again.
2. Sprinkle the scallions and sesame seeds on top and serve right away, or cover and refrigerate up to 2 days.

GET CREATIVE

- Add diced cucumber, lightly cooked broccoli, or shredded carrots.
- Use chopped peanuts instead of sesame seeds.
- Sprinkle with chopped fresh cilantro.
- Skip the sesame seeds, add vegetables, and use either of the other dressings on pages 18–19 to make a different style of pasta salad.



BEFORE YOU START

➤ **WASH** your hands with soap and water and dry them.

➤ **CLEAN** the countertop.

➤ **GATHER** all your kitchen gear and ingredients and put them on the counter.

➤ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.

➤ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



DIY Grain-Bowl Salad

This is the kind of use-what-you've-got approach to cooking that we love best. Start with some cooked grain or pasta, and then build a main-dish salad from whatever ingredients you have on hand. Do you have grapes but no dried fruit? Use them. Leftover broccoli from last night's dinner? Toss it in. Kid Recipe Tester Linnea topped bowls of orzo with cucumbers, carrots, cannellini beans, basil, mint, cilantro, almonds, and dried cranberries, and her family loved them.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS

Juliana tops her salad with pumpkin seeds.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Large bowl
Large spoon

INGREDIENTS

- 2 cups cooked grains or pasta (brown rice, barley, farro, pearl couscous, quinoa, bulgur wheat, whole-wheat orzo)
 - 2 cups raw or cooked vegetables (tomatoes, cucumbers, bell peppers, zucchini, green beans, cauliflower, broccoli, corn, peas), diced or chopped into bite-size pieces if necessary, and/or canned beans
 - ½ cup crumbled or shredded cheese (any kind) and/or diced cooked chicken, meat, fish, or tofu
 - ½ cup coarsely chopped fresh herbs (basil, mint, flat-leaf parsley, chives, cilantro)
 - ¼ cup toasted seeds or nuts (see page 4)
 - ¼ cup dried fruit (raisins, cherries; chopped dried apricots, dates, figs) (if you like)
- Any dressing from pages 18–19

INSTRUCTIONS

1. Put everything (except the dressing) in the bowl, add ¼ cup dressing, and toss (see page 5). Taste a piece of vegetable. Does it need more dressing? If so, add it and mix again.
2. Serve right away, or cover and refrigerate up to 2 days.

SAFETY TIP

Get an adult's permission and help with all sharp

**DID
YOU
KNOW?**

Whole grains, such as brown rice and quinoa, have lots of fiber and other nutrients to keep you healthy.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

WHAT'S DIFFERENT?

We found
9 changes
in the picture
on the right.





**Can you
find them all?
Solution on
page 45.**



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



SAFETY TIP

Get an adult's permission and help with all sharp knives,



MIX AND MATCH SALADS

Niçoise-Style Salad

This is our version of a traditional French salad, and it's got a little bit of everything. That doesn't mean it's fancy, though: canned tuna, canned beans, vegetables, and hard-cooked eggs are basic ingredients that you might have on hand already. We're showing you the traditional method of "composing" the salad on a platter instead of tossing it in a bowl. That way everyone can take a little bit of what they like.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Colander
Can opener
Fork
Large platter

INGREDIENTS

2 (5-ounce) cans tuna (any kind)
1 (5- or 6-ounce) bag salad greens
1 (15-ounce) can cannellini beans, kidney beans, or chickpeas, drained and rinsed
1 cup green beans, cut into 1-inch pieces
1 pint cherry tomatoes, halved
2 hard-cooked eggs, peeled and quartered
¼ cup Greek Vinaigrette or Caesar Dressing (pages 18–19)

INSTRUCTIONS

1. To drain the tuna: Set the colander in the sink. Use the can opener to open each can and carefully empty them into the colander. Using the fork, press down on the tuna to squeeze the liquid out. Allow it to drain away.
2. Arrange the greens on the platter.
3. Put the tuna, both kinds of beans, tomatoes, and eggs in separate piles on top of the greens, then drizzle the dressing over the salad and serve right away (or put everything in a bowl and gently toss [see page 5]).

GET CREATIVE

Sprinkle the salad with:

- ½ cup chopped fresh basil leaves
- ¼ cup pitted black or green olives
- ½ red onion, peeled and sliced

HARD-COOKED EGGS

For instructions on how to hard-cook and peel eggs, go to www.chopchopfamily.org/recipe/how-to-hard-cook-and-peel-eggs/

SMASHING SMOOTHIE

Banana Berry Smoothie

Smoothies are fun to make for breakfast and snacks. You can use any fruit you like, but this version is pretty perfect, so try it just the way it is! Be sure to use very ripe bananas to give the smoothie a velvety texture.

.....
■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES
■ TOTAL TIME: 15 MINUTES ■ MAKES: 2 SERVINGS
.....

KITCHEN GEAR

Cutting board
Dinner knife
Blender (adult needed)
Measuring cups

INGREDIENTS

- $\frac{3}{4}$ cup fresh or frozen raspberries, strawberries, or blueberries
- $\frac{3}{4}$ cup plain yogurt
- $\frac{3}{4}$ cup water
- 1 banana, sliced (and frozen, if possible)
- 2 ice cubes (if using nonfrozen banana)

INSTRUCTIONS

1. Put all the ingredients in the blender, put the top on tightly, and blend until smooth.
2. Pour the smoothie into 2 glasses and serve right away, or cover and refrigerate up to 4 hours.

THINK AHEAD

To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. And it's easy!

1. Peel a ripe banana.
2. Slice it into thin rounds.
3. Put the slices in a resealable plastic bag and put in the freezer.

Juliana takes a cool, pink sip of her smoothie.

SAFETY TIP

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



KITCHEN CASH

MATH AND FINANCE IN COOKING

Smooth equations

Imagine you're making the smoothie on page 28. How much will it cost to make? How will the cost compare to a store-bought smoothie? See if you can do the math.

A bag of frozen strawberries costs \$4.00 and contains 3 cups. The smoothie uses $\frac{3}{4}$ cup of fruit.

1. What fraction of the bag will you use?
2. How much will that amount cost?

A 6-ounce tub of plain yogurt contains exactly $\frac{3}{4}$ cup and costs \$1.00. A banana costs 30 cents. Water and ice cubes don't cost anything.

3. How much will it cost to make the whole smoothie recipe?

The smoothie recipe makes 2 servings.

4. How much will it cost to make each serving?

A large store-bought smoothie costs \$6 and, like ours, contains 2 servings.

5. How much does each serving of the store-bought smoothie cost?
6. How much money do you save for each serving that you make yourself?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Answers on page 45



SWEET TREAT

StrawBerry-RhuBarB Compote

Compote is French for “mixture.” This one combines two spring crops, strawberries and rhubarb, which you slowly stew together. We love to slather it on toast (instead of jam), swirl it into yogurt, or top it with a spoonful of granola, as shown here.

■ ADULT: YES ■ HANDS-ON TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Large pot
Large spoon
Pot holders

INGREDIENTS

- 1½ cups chopped rhubarb (trim off the ends, then cut the stalks into 1-inch pieces)
- ½ cup water
- 2 cups sliced or quartered hulled strawberries (see page 31)
- ½ teaspoon cornstarch or all-purpose flour
- ½ teaspoon fresh lemon juice
- 2 tablespoons maple syrup, honey, or brown sugar

INSTRUCTIONS

1. Put the rhubarb and water in the pot and put the pot on the stove. Turn the heat to medium and cook, uncovered, for 5 minutes.
2. Add the berries and cornstarch and cook, stirring from time to time, until the strawberries and rhubarb are soft and the mixture has thickened, about 15 minutes.
3. Add the lemon juice and sweetener and stir well. Set aside to cool a little bit and serve warm, or cover and refrigerate overnight.



SAFETY TIP

Get an adult's permission and help with all sharp



BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN SKILL

How to hull a strawberry

Removing the leafy top, the stem, and the hard little core just below the stem of a strawberry is called “hulling,” and it leaves you with just the juicy, delicious fruit. Use your fingers or the tip of a spoon, or try our favorite method: push a drinking straw up through the bottom of the strawberry to poke out the top, stem, and core all at once.

Lillian uses a drinking straw to push out the hull of the strawberries.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT PEAS

When we talk about the vegetable peas, we're referring to green pods that grow on vines. Sometimes we just eat the seeds out of the pods—we call these green peas or just peas. Sometimes, in the case of snow peas or sugar snap peas, we eat the entire pod, including the seeds inside. Snow peas are thinner; snap peas, sometimes called sugar snap peas, are fatter and sweeter. We usually buy frozen green peas and fresh peapods, and we think of them as a spring vegetable because peas are one of the earliest crops that are ready to harvest.





5 WAYS TO USE PEAS

1. Add green peas to macaroni and cheese.
2. Snack on green peas while they're still frozen.
3. Toss green peas into your pasta salad or potato salad.
4. Keep an extra bag of frozen peas in your freezer for when you need an ice pack for your bumps or bruises (you can still eat them after).
5. Add snow peas or sugar snap peas to your salad or stir-fry.

DID YOU KNOW?

Botanically, pea pods are a fruit since they contain seeds and develop from the ovary of a (pea) flower. Other vegetables we call "peas," such as pigeon peas and black-eyed peas, are actually a different species of plant, but they're in the same family (legume) as peas.

TRY THIS NOW

Raw or cooked?

Not sure how you feel about pod peas? Try this taste test to decide if you prefer them raw or cooked!

- Start with 2 cups (1 pint) snow peas or sugar snap peas with the ends and strings removed (see page 5).
- Steam half of the peas: With the help of your adult, put $\frac{1}{2}$ inch water in a medium pot, put the lid on, and put the pot on the stove. Turn the heat to high and bring the water to a boil (you'll know it's boiling when you see bubbles breaking all over its surface). Put 1 cup peas in the pot, put the lid back on, and leave them to steam for 5 minutes. Drain the peas in a colander in the sink, then cool them briefly under cold running water.
- Take a bite of a raw pea. How would you describe the texture? How would you describe the flavor? Do you like it?
- Now try a steamed pea. How is the texture different? What about the flavor? Do you like it? Which one do you like better?



Lila
tastes a
raw pea
pod.

DID YOU KNOW?

Peas are the most popular frozen vegetable in the United States.



Isaiah tastes
a frozen
green pea.

Where do frozen peas come from?

Ever wonder how those peas end up in a bag in the freezer? Farmers plant peas in the spring and then harvest and freeze them about 3 months later, in the summertime. Workers use a machine called a pea viner, which picks the whole plants and then spins them around very fast to break open the pods and get the peas out (this is called threshing). The peas fall through a strainer into the bottom of the truck, and the rest of the plant gets blown back out onto the field. When the peas get to the processing building, they're washed and then dipped in boiling water (this is called blanching) to keep them bright green and germ-free. The blanched peas are dropped into a tank of salt water, where the starchy old peas sink to the bottom, and the sweet, fresh peas float to the top. The good peas are taken by conveyor belt to an ultra-low-temperature freezer (or blast chiller), where they are frozen very quickly at a temperature of around 40 degrees below zero. The frozen peas are bagged and transported in refrigerated trucks to supermarkets. Those peas had a long journey before you bought them!

SAFETY TIP Get an adult's permission and help with all sharp knives,

Raw Pod Peas With Lemony Ranch Dip

Snap peas are so sweet and delicious that you can serve them simply with an herby dip. This makes a great snack or an easy appetizer. Kid Recipe Tester Chananya described the flavor of the lemon as “bright” and thought the dip would be good with lots of different vegetables.

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 4 SERVINGS



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Grater (adult needed)
Small bowl
Large spoon

INGREDIENTS

- 1 cup plain yogurt
- 2 garlic cloves, peeled and finely chopped (or ½ teaspoon garlic powder)
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried)
- 1 tablespoon chopped fresh chives or finely chopped onion (or 1 teaspoon onion powder)
- Grated zest of 1 scrubbed lemon
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups snow peas or sugar snap peas, ends and strings removed (see page 5)

INSTRUCTIONS

1. Put all the ingredients (except the snap peas) in the bowl and mix well. Taste the dip. Does it need more herbs or pepper or another pinch of salt? If so, add it, then taste again.
2. Serve the dip right away with the snap peas, or cover and refrigerate up to 2 days.

appliances (blender and food processor), the stove or oven, and hot ingredients.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Brayden learns the art of cooking and stirring—also known as *sautéing*.

SAFETY TIP

Get an adult's permission and help with all sharp

Simple Sautéed Peapods

We love to cook snow peas and sugar snap peas just until they turn bright green and tender. If you prefer, you can cook them at high heat until they blister and char a little bit. It's up to you!

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 15 MINUTES ■ MAKES: 4 SERVINGS



KITCHEN GEAR

Measuring spoons
Large skillet
Wooden spoon or tongs
Pot holders

INGREDIENTS

- 2 teaspoons olive or vegetable oil
- 1 pound snow peas or sugar snap peas, ends and strings removed (see page 5)
- ½ teaspoon salt

INSTRUCTIONS

1. Put the skillet on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the snow peas and cook, stirring occasionally, until they are bright green and starting to wilt, 3 to 5 minutes.
2. Stir in the salt and serve right away.

GET CREATIVE

- Sprinkle with toasted sesame seeds before serving.
- Swap in toasted sesame oil for the olive or vegetable oil.
- Add 1 teaspoon finely chopped garlic and/or peeled fresh ginger with the peas.
- Swap in 1 teaspoon soy sauce for the salt.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT PEAS

Cool Recipes for FROZEN FOODS

Pasta With Peas

This is so good—and as simple as it gets. You actually cook the peas just by draining the pasta over them in the colander! How fun is that?

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 6 SERVINGS

KITCHEN GEAR

Measuring cups
Measuring spoons
Colander
Large pot
Pot holders
Mug
Large bowl

INGREDIENTS

1 (10-ounce) bag frozen peas (not defrosted)
1 pound small whole-wheat pasta shapes
(such as shells, macaroni, or ditalini)
1 tablespoon olive oil
1 tablespoon butter
½ teaspoon salt
¼ teaspoon black pepper
½ cup grated Parmesan cheese

INSTRUCTIONS

1. Put the peas in the colander and put the colander in the sink.
2. Fill the pot halfway with water and bring to a boil over high heat.
3. Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use the mug to carefully scoop out ½ cup or so of cooking water and set it aside.
4. Drain the pasta in the colander with the peas.
5. Pour the pasta and peas into the bowl and add the oil, butter, salt, and pepper. Mix well. If the pasta seems dry, add some of the reserved cooking water, then mix again.
6. Add the Parmesan cheese and serve right away.



BEFORE YOU START

➤ **WASH** your hands with soap and water and dry them.

➤ **CLEAN** the countertop.

➤ **GATHER** all your kitchen gear and ingredients and put them on the counter.

➤ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.

➤ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP

Get an adult's permission and help with all sharp knives,



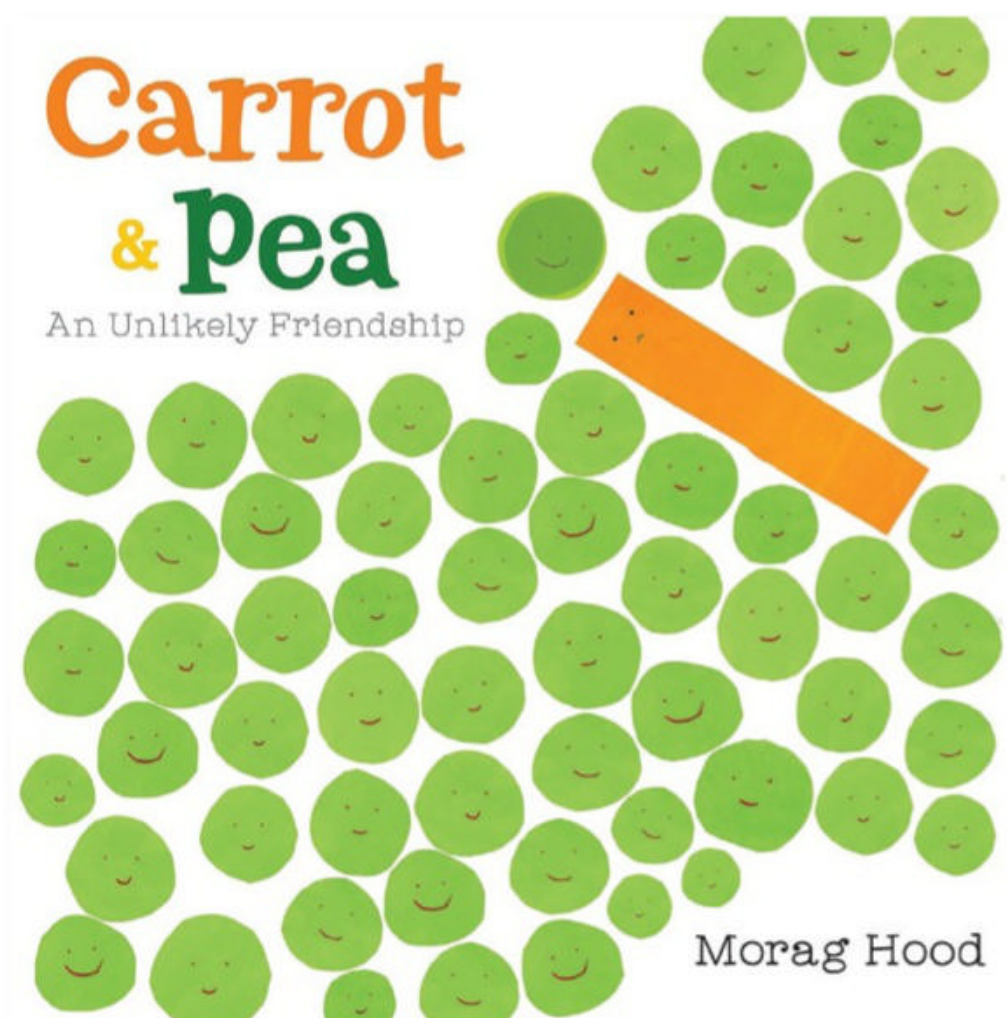
appliances (blender and food processor), the stove or oven, and hot ingredients.

CHECK IT OUT!

A visit to your local library can give you lots to read and lots to think about. Here's a trio of books we think you'll love.

BY REBECCA ROBINSON

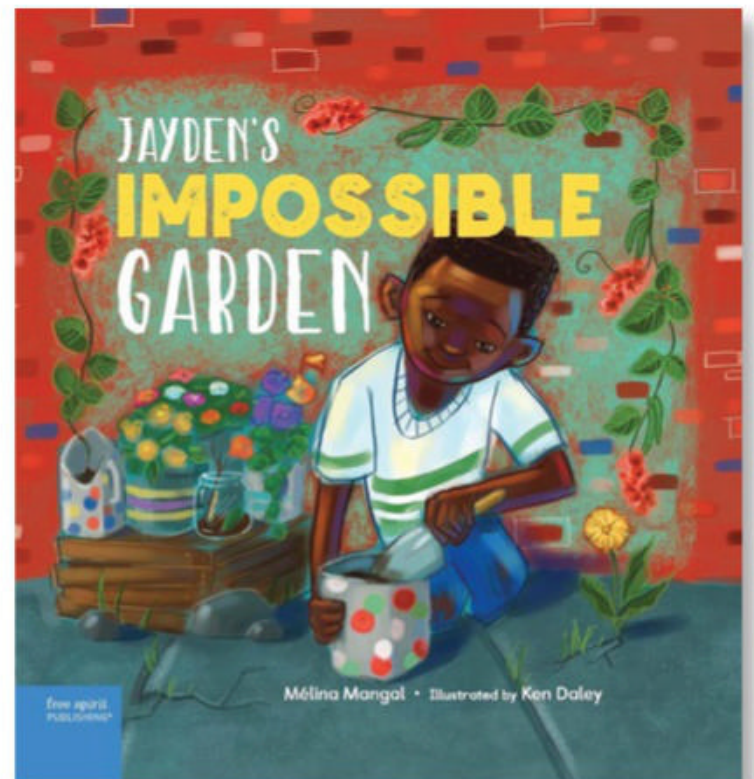
Librarian, The College of Saint Rose, Albany, NY



Carrot & Pea: An Unlikely Friendship

Written and illustrated by Morag Hood

Lee is a Pea. Colin is a Carrot. Most of Lee's friends are other peas, and Colin doesn't quite fit in. But sometimes, differences are what make for the strongest of friendships! This lighthearted picture book will have you looking at this classic vegetable combo in a whole new way. Recommended for ages 2–6.



Jayden's Impossible Garden

Written by Méline Mangal,
illustrated by Ken Daley

As spring begins to bloom, Jayden is eager to get outside and enjoy nature! The thing is, Jayden lives in the city where his mom claims there is no nature. But Jayden sees bits of nature woven in among the buildings and the streets. With the help of a neighbor, Jayden tries to do the impossible and create a garden in the city—but will anything bloom? Will his family finally see there is nature to be found even in the city? You'll have to read to find out! Recommended for ages 4–9.

The Time of Green Magic

Written by Hilary McKay

When Abi's dad gets married, she finds herself with a new blended family, and they move together into a home large enough for everyone. The changes in her family are strange for Abi, but even stranger are the things that start to happen in their new house. As Abi and her new siblings learn about the green magic of their home, they have to work together to determine if it is beautiful, dangerous, or a little of both. Recommended for ages 8–12.



SCRUMPTIOUS WORD SEARCH

U	H	D	A	L	W	Z	A	D	J	C	G	D	S	M
Y	P	B	G	F	J	A	L	R	R	Z	F	E	B	O
T	O	M	A	T	O	I	D	E	O	S	O	W	S	N
D	W	C	Q	W	S	J	B	S	L	N	R	E	X	I
S	D	E	I	A	J	M	P	S	I	I	O	W	S	O
I	A	C	B	X	U	N	N	I	V	A	Y	I	S	N
A	Z	F	Z	C	R	E	A	N	E	K	C	G	X	L
Q	P	Q	U	O	E	P	Z	G	S	K	H	M	S	D
M	A	C	C	R	Z	N	P	R	A	K	E	Z	G	G
P	R	M	G	V	I	N	A	I	G	R	E	T	T	E
A	S	H	U	X	J	S	X	L	U	E	S	G	T	C
S	L	P	R	Z	J	W	C	Z	G	C	E	O	J	J
T	E	V	I	K	A	P	S	A	X	F	R	L	I	W
A	Y	I	I	N	T	N	B	R	L	R	M	M	P	Z
M	W	N	R	B	A	B	E	I	A	L	K	J	B	A
P	P	E	O	E	A	C	Y	C	J	O	I	L	W	X
K	E	G	B	C	L	J	H	K	S	P	S	O	O	V
W	A	A	T	L	E	T	T	U	C	E	Z	K	N	N
V	Y	R	U	L	T	T	P	E	P	P	E	R	P	H

WORDS
HIDDEN
ABOVE

BASIL
BEANS
CABBAGE
CARROT

CHEESE
CORN
CUCUMBER
DRESSING

GREENS
LETTUCE
OIL
OLIVES
ONION

PARSLEY
PASTA
PEPPER
SCALLION

SPINACH
TOMATO
VINAIGRETTE
VINEGAR

Answers on page 45

LOOK AGAIN



Can you guess what this is? Answer on page 45



DELICIOUS
DINNERTIME
DISCUSSIONS

What is your
favorite
ingredient to
put in a salad?

What's the
first salad
dressing you
remember
trying?

Which is your favorite texture to eat:
crunchy, chewy, soft, or something else?



SCRAMBLED WORDS

Unscramble these words to find five ingredients from one of our salad recipes—then figure out which recipe it is!

MUCCERB

--	--	--	--	--	--	--	--

REEPPP

--	--	--	--	--	--

E A F T

--	--	--	--

LOVIES

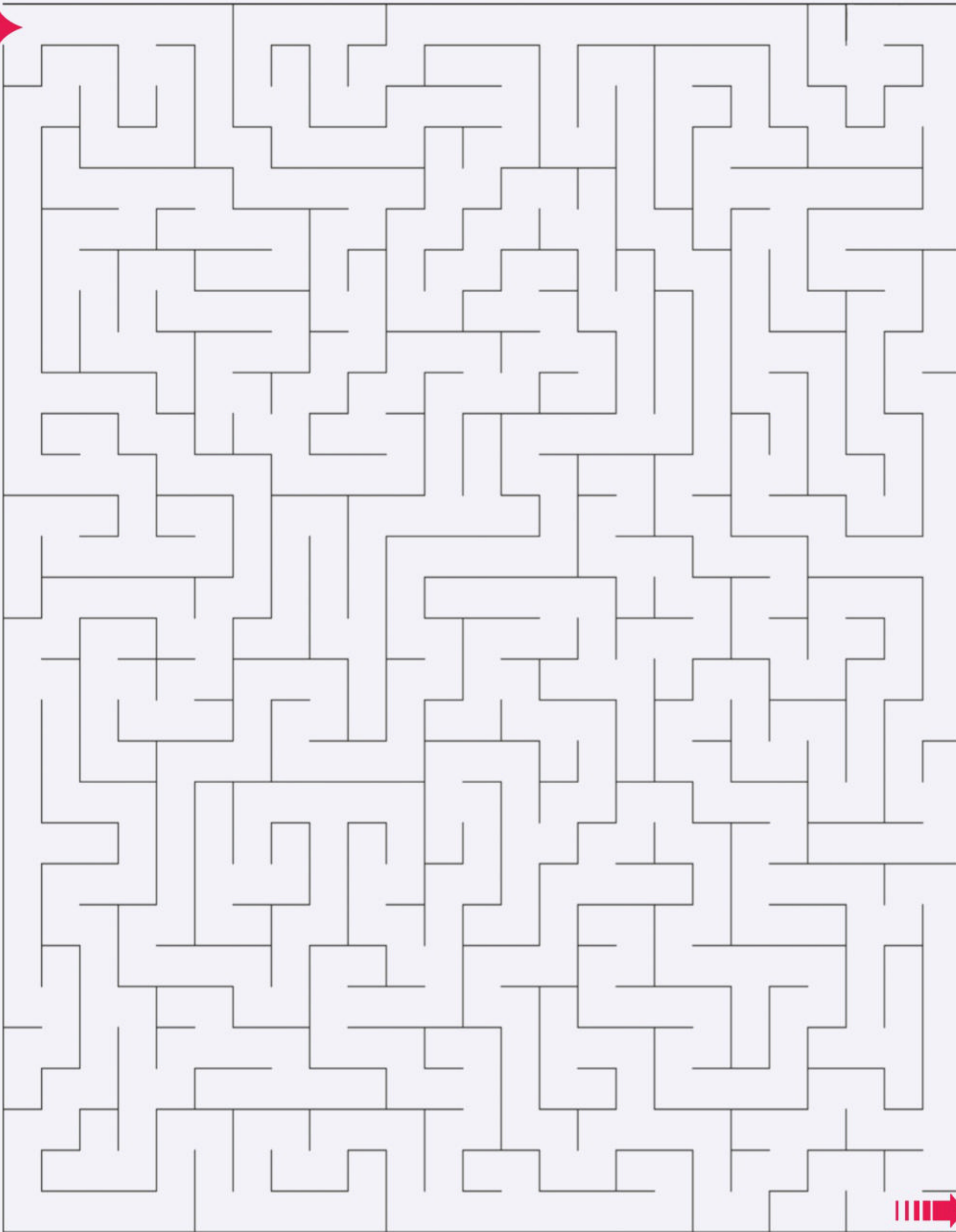
--	--	--	--	--

CUTTLEE

--	--	--	--	--	--	--

Answers on page 45

AMAZING MAZE Can you find your way out?





Solutions



LOOK AGAIN

FROM PAGE 42



Answer: Romanesco, a kind of broccoli

SCRAMBLED WORDS

FROM PAGE 42

C U C U M B E R

P E P P E R

F E T A

O L I V E S

L E T T U C E

Answer: Chopped Greek Salad

WORD SEARCH

FROM PAGE 41

U	H	D	A	L	W	Z	A	D	J	C	G	D	S	M
Y	P	B	G	F	J	A	L	R	R	Z	F	E	B	O
T	O	M	A	T	O	I	D	E	O	S	O	W	S	N
D	W	C	Q	W	S	J	B	S	L	N	R	E	X	I
S	D	E	I	A	J	M	P	S	I	I	O	W	S	O
I	A	C	B	X	U	N	N	I	V	A	Y	I	S	N
A	Z	F	Z	C	R	E	A	N	E	K	C	G	X	L
Q	P	Q	U	O	E	P	Z	G	S	K	H	M	S	D
M	A	C	C	R	Z	N	P	R	A	K	E	Z	G	G
P	R	M	G	V	I	N	A	I	G	R	E	T	T	E
A	S	H	U	X	J	S	X	L	U	E	S	G	T	C
S	L	P	R	Z	J	W	C	Z	G	C	E	O	J	J
T	E	V	I	K	A	P	S	A	X	F	R	L	I	W
A	Y	I	I	N	T	N	B	R	L	R	M	M	P	Z
M	W	N	R	B	A	B	E	I	A	L	K	J	B	A
P	P	E	O	E	A	C	Y	C	J	O	I	L	W	X
K	E	G	B	C	L	J	H	K	S	P	S	O	O	V
W	A	A	T	L	E	T	T	U	C	E	Z	K	N	N
V	Y	R	U	L	T	T	P	E	P	P	E	R	P	H

WHAT'S DIFFERENT?

FROM PAGE 24

Numbers show changes in the picture.
Changed items are listed below.

- Plates added
- Corn swapped for cheese
- Cucumber swapped for carrot peels
- Peeler turned over
- Tomatoes changed
- Leaf disappeared
- Tomatoes and pumpkin seeds added
- Dressing changed
- Spoons added

KITCHEN CASH

FROM PAGE 29

- $\frac{3}{4} = 3x$; $x = \frac{1}{4}$
- $\frac{1}{4}$ of \$4.00 = \$1.00
- \$1.00 + \$1.00 + \$0.30 = \$2.30
- $\frac{1}{2}$ of \$2.30 = \$1.15
- $\frac{1}{2}$ of \$6.00 = \$3.00
- \$3.00 – \$1.15 = \$1.85

QUICK BITES



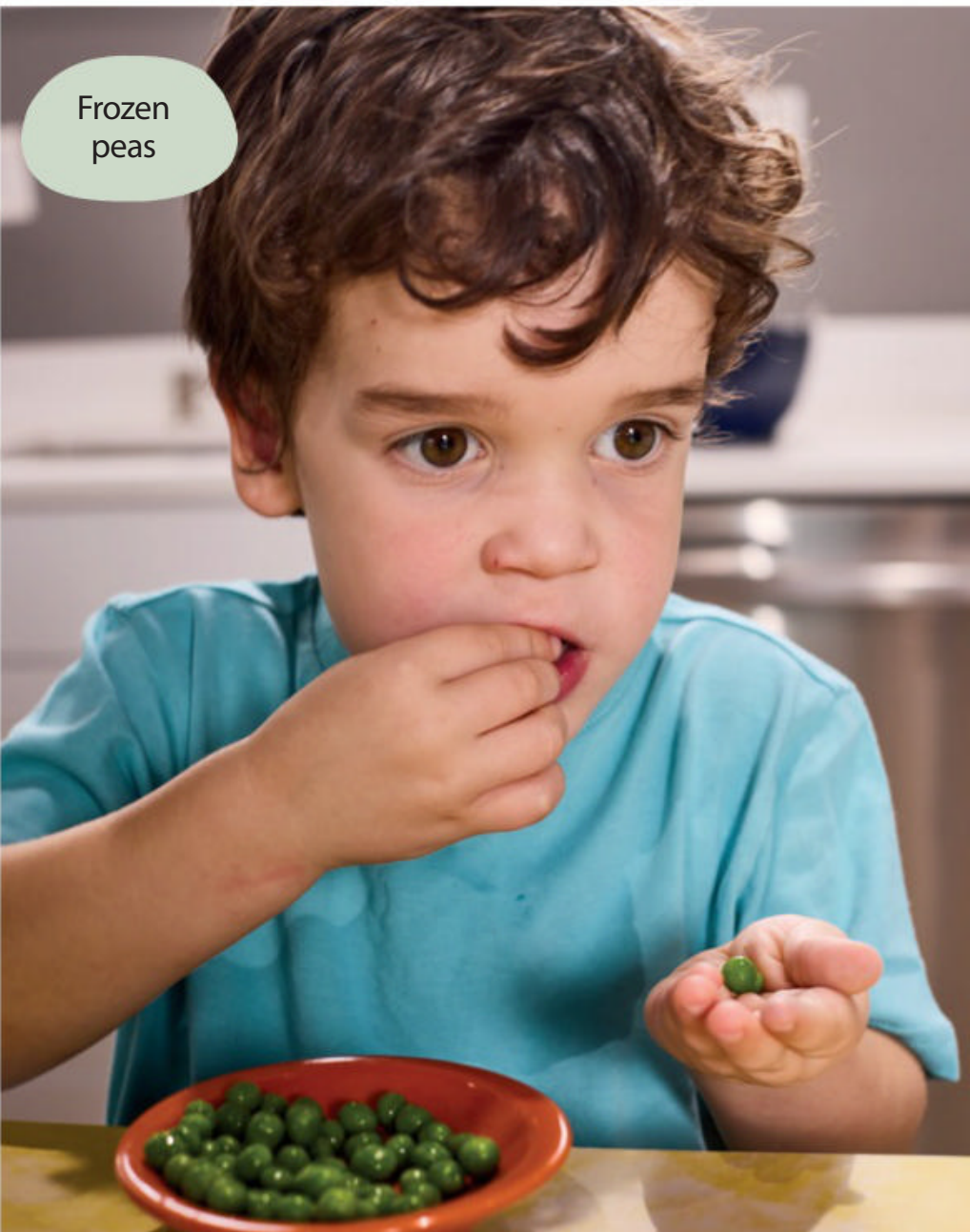
Rice cakes
with nut
butter



Cheese cubes



Peapods with
dip (page 35)



Frozen
peas

MAJOR SPONSORS, PARTNERS, AND FRIENDS

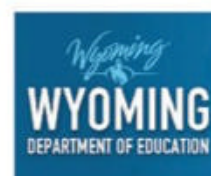
Special thanks to primary.com for



supplying our models with their beautiful t-shirts.



Public Health

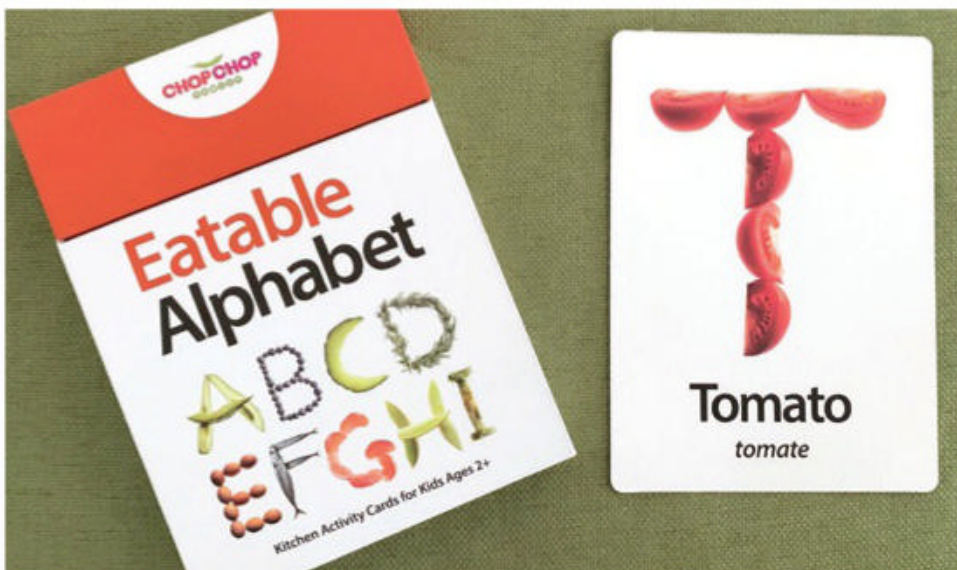


Eatable Alphabet



SCAN ME

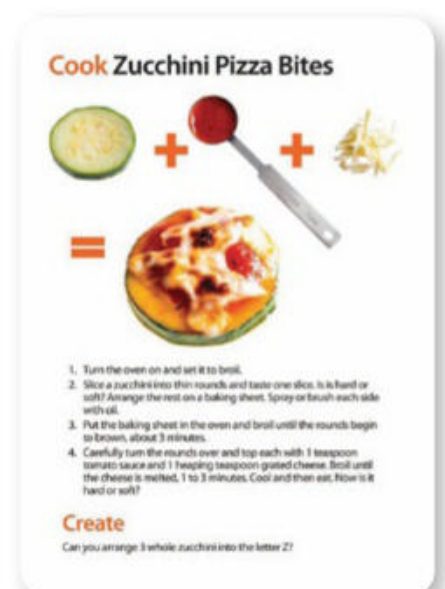
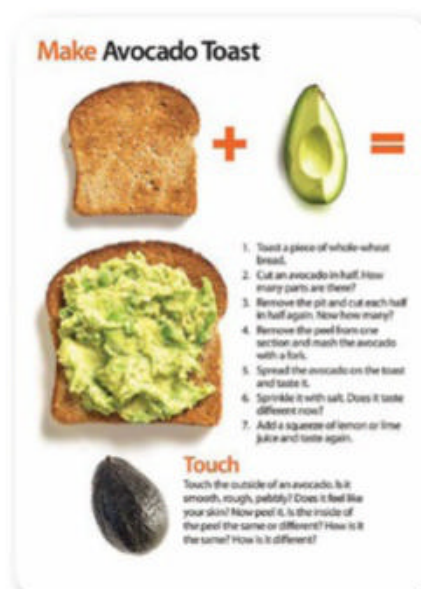
Kitchen Activity Cards for Kids Ages 2+



Developed by ChopChop Family in collaboration with the American Academy of Pediatrics, and with funding from the CDC, **Eatable Alphabet™** teaches kids aged 2–6 that cooking real food is fun.

The cards offer a portable, accessible way to:

- Engage and educate kids
- Cultivate bonding between kids and caregivers
- Promote early nutrition awareness
- Experience the senses (sight, smell, sound, touch, taste)
- Introduce language and food literacy
- Learn to count
- Teach valuable life skills



Visit chopchopfamily.org/eatablealphabet to order yours!